

## **ABSTRACT**

[0024] A boot for use in the treatment of plantar fasciitis. The boot places the foot in the desired amount of dorsiflexion, preferably from 5° to 20°, which stretches the Achilles tendon and is believed to prevent the shortening of the plantar fascia. The boot also provides protection for the foot while walking or engaging in other load bearing activities, to minimize further damage to and/or inflammation of the plantar fascia. The boot has a sole that is shaped to allow as close to a natural walking gait as possible while maintaining the foot in the desired degree of dorsiflexion. Preferably, the amount of dorsiflexion of the foot is controlled through the addition of a number of wedges on the base of the boot.